

## LOOKOUT COOK BOOK

R-4

### Foreword

The material in this small booklet has been prepared to aid the inexperienced lookout or guard in purchasing food supplies and in preparing a few simple meals. As the lookout or guard gains in cooking experience many variations can be devised. There are no hard and fast rules to follow since individual preference for certain food items will vary a group list of meals considerably.

### Cleanliness

Of paramount importance in the maintenance of an orderly camp is the attention given to cleanliness. Use of partially cleaned, unscalded dishes and poorly cooked food leads to various kinds of stomach ailments. Leaving of partially filled dishes of food in the open gathers pests such as flies, yellowjackets, and ants. Be sure not to overlook taking a good supply of dish cloths, hand towels, soap, and small cleaning rags along. A small scrubbing board also comes in handy, as well as a medium length piece of wire or hard rope to use as a clothes line.

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Don't judge any recipe too harshly. Success in cooking usually comes through practice and experience and the addition of correct amounts of seasoning and improved technique of preparation.



### 30-Day Suggested Grub List for One Person

The amounts estimated below are based on the requirements of one person for one month with a small allowance to provide for meals for occasional visitors. In some cases the quantities shown are less than the smallest purchasing unit and it will be necessary for you to purchase a larger quantity than shown. However, in estimating your next month's needs this should be taken into account:

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Flour, white	24 lbs.
Flour, pancake	4 lb. pkg.
B read, fresh	6 loaves
Rolled Oats or Cream of Wheat, etc.	2 lbs.
Soda crackers	1 large pkg.
Yeastcakes (for sourdough)	2 cakes
Rice	2 lbs.
Butter, either canned or packaged	4 lbs.
Peanut Butter may be substituted for 1 lb. of butter	
Tuna Fish, Corned Beef, Spam, etc.	3 cans
Bacon	4 lbs.
Ham	1 lb.
Potatoes	20 lbs.
Onions	2 lbs.
Lard or shortening	2 lbs.
Sugar	5 lbs.
Syrup	1 qt.
Coffee	2 lbs.
Cocoa	1 lb.
Tea	$\frac{1}{2}$ lb.
Milk, canned	16 cans, small
Beans, dry	3 lbs.
Fruits, dried	3 lbs.
Fruits, canned	5 #2 cans
Raisins	1 pkg.
Jams and jellies	4 lbs.
Soups, canned (Tomato, Pea, etc.)	3 cans, small
Cheese	2 lbs.
Vegetables, canned, assorted	10 cans, #2
Eggs, fresh	2 doz.
Prepared pudding mixes	4 pkgs., small
Minute Tapioca	2 pkgs.
Jello	3 pkgs.
Fruit juices, canned	3 cans, small
Salt	1 pkg.
Pepper	4 ozs.
Vanilla	2 ozs.
Pickles	1 pt.
Vinegar	$\frac{1}{2}$ pt.
Oranges	1 doz.
Lemons	6
Matches (If a smoker, more)	2 boxes
Soap, laundry	2 bars
Soap, powder form	1 pkg.
Soap, toilet	3 bars

Cornstarch	1 pkg.
Corn meal	3 lb. pkg.
Honey	2 $\frac{1}{2}$ lb. can or jar
Catsup	1 pt.
Baking Powder	$\frac{1}{4}$ lb.
Baking Soda	$\frac{1}{4}$ lb.
Dish cloths	10 large
Towels, hand	6
Paper, toilet	3 rolls
Chlorinated lime	1 can

In addition, some fresh vegetables in season to use the first - week or so may be added. Do not order too large a supply because of danger of spoilage.

## KITCHEN AND EATING EQUIPMENT

The kitchen and other utensils you will need will depend upon how much is furnished by the Government and the type of camp set up. The following suggested list is based upon a typical lookout setup. If there is much transportation of cooking utensils, only those should be acquired that are substantially unbreakable.

- 1 Earthen jug with lid, for sourdough
- 1 Coffee pot
- 1 Tea kettle
- 1 Dish pan (sufficiently large to adequately handle dishes.)
- 1 Frying pan
- 2 Sauce pans (about 2-qts. ea.)
- 2 Drip pans (flat baking pans)
- 1 Measuring cup
- 1 Mixing pan
- 1 Pancake turner
- 1 Meat fork, large
- 2 Cooking spoons (long handled)
- 1 Butcher knife
- 1 Paring knife
- 1 Can opener and corkscrew combination
- 1 Dipper
- 1 Water Bucket
- 1 Wash Basin
- 1 Lantern or 3 dozen candles
- 1 Axe
- 1 Flashlight
- 1 Shovel
- 1 Meat saw (especially if in an area where you may be able to purchase fresh meat such as lamb.)

A small amount of thin wire also comes in handy.

### Dining Utensils

- 4 Plates
- 4 Cups
- 4 Saucers
- 4 Bowls
- 4 Knives
- 4 Forks
- 6 Teaspoons
- 4 Tablespoons
- 1 Pepper shaker
- 1 Salt shaker
- 1 Oilcloth table cover

The number of plates, cups, etc, may vary. If you expect several visitors a set of six may be necessary; if none, you may cut down to 3 or 2. Where obtainable, buy strong aluminum or heavy tin ware; otherwise buy grainite or enamel ware. Do not get china or earthenware material. Before purchasing any utensils check with your ranger to see what is furnished by the Forest Service.

### SUGGESTED MENUS FOR ONE WEEK

Menus do not need to be followed in sequence if there is left-over food which should be eaten the next day. They merely suggest a variety of foods and indicate a balanced diet. Whenever available, fresh meat should be used in place of canned meat.

Breakfast	Lunch	Dinner (Supper)
Orange Hot Cakes - Bacon Syrup Coffee - Milk	Tomato soup Toasted cheese sandwich Apple sauce	Canned vegetable Boiled Potatoes Fried Spam Chocolate Pudding
Stewed prunes Oatmeal - Toast Jam Coffee - Milk	Fried egg sandwich Jelly Sandwich Cocoa	Pork & Beans Canned beets Rice pudding Drink
Grapefruit juice Fried Eggs - Bacon Toast Coffee - Milk	Bean soup Crackers or bread Jam	Macaroni & Cheese Canned string beans Jello Drink
Apple sauce Cream of Wheat Toast - Jam Coffee - Milk	Scrambled eggs & bacon Bread Lemonade	Potatoes & Gravy Fresh meat, if available Canned spinach Apple sauce
Orange Fried eggs-Fried Potatoes Baking Powder Biscuits Coffee - Milk	Stewed Corn Toast & Jam or Muffins & Jam Drink	Beef Stew (canned beef), potatoes, Apple sauce Coffee
Stewed prunes Hot cakes - syrup Bacon Coffee - Milk	Corned beef - bread Stewed fruit Tea	Fried ham Corn bread - Honey Tapioca pudding Drink
Grapefruit juice Oatmeal or Cream of Wheat Toast or sourdough biscuits Coffee - Milk	Hard boiled Jelly sandwich Tea or cocoa	Fried ham Baked potatoes Canned vegetable Hot stewed prunes Drink

## COOKING HINTS

### Eliminating Nuisance of Ants, Flies, Yellowjackets

Ants and Yellowjackets: Remove source of attraction--Usually some sweet substances on shelves or on outside. Keep outside of jam jars, syrup pitchers, and cans clean and lids tight. Scrub shelves and drawers with strong soap. If available, place lumps of gum camphor in ants' runways. Considerable annoyance at meal time can be avoided by eating breakfast early before flies, yellowjackets, and other pests are active, and supper at dusk when they are not active.

Flies: Keep interior of lookout clean, all left-overs covered and stored. Remove outside attractions. Keep garbage covered; latrine flyproof.

Butter will keep indefinitely by submerging in a strong salt solution, preferably in scaled fruit jars. Keep in a cool place.

Butter may be kept fresh by inserting into center of a sack of flour.

If soup is too salty, add slices of raw potato, boil and remove.

If the oven has no gauge to tell the temperature, put either bread or white paper in the oven. If it turns brown quickly the oven is too hot for most things. If it turns brown in about 5 minutes, you have a moderate oven.

A pinch of soda stirred into milk that is to be boiled will keep it from curdling.

Before heating milk in a sauce pan, rinse pan in hot water and it will not scorch so easily.

In cooking vegetables, cover those that grow under the ground and leave uncovered those that grow above the ground.

Be careful of canned goods. If there is any bulge,, do not use.

Rinse dishes in scalding hot water after washing and before drying. This is important. It sterilizes them and helps remove a soapy film that may cause stomach trouble.

Fill tin cups used by the Forest Service to within  $\frac{1}{4}$ " of top to equal one measuring cup.

16 teaspoons equal 1 cup; 3 teaspoons equal 1 tablespoon. All measurements are level.

Lemons and oranges will keep several weeks if placed in a glass jar and sealed.

Bury fresh vegetables wrapped in waxed paper.

Remember, water boils at a lower temperature at higher altitudes and it is therefore necessary to boil longer than at lower altitudes.

Chocolate in bars may become too soft in hot weather to use. Simply emerge in cold water and it will harden up.

**Fresh Meat:** You may be able to purchase a half or a whole mutton from sheepherders in the vicinity of your station. To keep, hang up in a tree or some other high point at night, wrapped in canvas, or put in a burlap sack during the day and put between blankets and mattress of bed.

It will keep in good condition up to 10 days or more. Do not hang up at night until flies and yellowjackets are gone and take down early enough in the morning to avoid them.

**Cured Meat:** When received, remove paper wrapping. If moldy, wipe off with a cloth soaked in vinegar. Hang in shade outside of building.

Save your bacon grease in a clean closed container to use for shortening, frying, and for gravy.



## RECIPES

### Sourdough

Your supply of fresh bread will soon be exhausted and it will be necessary to either make quick mix biscuits of some type or use sourdough. Sourdough is considerably more nourishing and catable over a long period of time than baking powder biscuits or other substitutes. If possible, secure an earthen jug or big glass open-mouthed jar. Tin should not be used.

Starter: 1 cup flour  
1 cup water  
 $\frac{1}{4}$  yeast cake  
1 tbsp. sugar

Mix above thoroughly in an earthen jar. Keep in a warm place out of a draft for 24 hours. In that time, if sufficiently warm it will start to foam and raise and should be ready for use. Do not keep sourdough in a tin or other metal container. To make additions to starter or batter merely add flour and water being sure to leave about one cup of starter in each case before adding water and flour. Do not fill jug too full as it may foam over. A flat stick or large long-handled spoon may be used to stir starter.

### Biscuits

To make biscuits, take a pan of flour, make a depression in the flour and pour a quantity of sourdough mixture into the pan. Taste sourdough sample; if bitter add  $\frac{1}{4}$  teaspoon baking soda and  $\frac{1}{2}$  teaspoon sugar and  $\frac{1}{4}$  teaspoon salt dissolved in lukewarm water; if sweet tasting and fluffy add sugar and salt only. Knead thoroughly with knuckles, working enough flour into dough to make flakey stiff. Pinch off biscuits and deep tops into greased baking pan before placing in pan. Allow biscuits to raise in warming oven  $\frac{1}{4}$  hour or more before baking. Bake in moderate oven; 20 minutes should be sufficient. If in a hurry, you may dispense with the raising.

Sourdough starter works best if held to about 60 degrees temperature.

### Hot Cakes for One

Pour out starter, saving one cup to continue starter.

Add  $\frac{1}{2}$  teaspoon soda and  $\frac{1}{2}$  teaspoon of salt dissolved in a tablespoon of water. Add 1 tablespoon of shortening, 1 tablespoon sugar and one egg. Mix to a smooth batter and cook on a hot griddle. If no eggs, still will make a good cake.

### Baking Powder Biscuits (For Two Persons)

Use less baking powder in high altitudes.

1 cup flour  
 $1\frac{1}{2}$  teaspoons baking powder  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{2}$  cup or less of milk or water  
1 tablespoon shortening

Mix dry ingredients. Do not melt the shortening. Mix shortening into flour with fingers. Add only enough milk to pick up the flour. Roll to  $\frac{1}{4}$  inch thickness. Use a piece of canvas or flat board and a large can to roll. Bake in hot oven for 15 minutes.

### Corn Bread

$\frac{1}{2}$ cup corn meal (3/4 cup corn meal)	1 cup flour (3/4 cup flour)
1 egg	$\frac{1}{4}$ cup shortening
2 tbsp. sugar (if desired)	$\frac{3}{4}$ cup milk (dilute canned milk)
2 teaspoons baking powder	$\frac{1}{2}$ teaspoon salt

Mix shortening, sugar, milk, and egg. Mix flour, baking powder, and salt; add first mixture to last, stir well. Pour into a well-greased pan and bake until done, generally 20 to 25 minutes.

### Hot Cakes

1 cup flour	1 cup milk (dilute canned 1/2)
1 teaspoon salt	1 tablespoon melted shortening
1 tablespoon sugar	$1\frac{1}{2}$ teaspoons baking powder
1 egg	

First mix all of the dry ingredients together; then add items as they appear on list. Stir real well and bake on griddle or in frying pan.

### French Toast

1 egg     $\frac{1}{2}$  cup water     $\frac{1}{2}$  cup canned milk    seasoning (salt)

Beat egg, add water and milk. Into this dip slices of dry bread and fry them in hot grease. Serve with maple syrup or jam.

### Oatmeal Cereal (One person)

$\frac{1}{4}$  cup oatmeal (quick cooking) poured into a cup of boiling salted water. Stir occasionally. Cook 5 minutes.

### Rolled Oats Cereal

1 cup rolled oats     $2\frac{1}{2}$  cups boiling water or milk    1 teaspoon salt

Add salt to boiling water or milk. Add rolled oats slowly and stir until rather thick. Cook over stove about  $\frac{1}{2}$  hour, stirring frequently.

### Scrambled Eggs

2 eggs  $\frac{1}{4}$  teaspoon salt  
2 tablespoons milk or water 1 teaspoon butter or shortening

Beat eggs with egg beater or fork in a bowl. Add milk, salt, and mix. Heat fat in frying pan to moderate temperature. Avoid causing fat to smoke. Place egg mixture in pan. Stir frequently and cook slowly until coagulated enough to hold together.

### Beans

Beans may be soaked over night in cold water to which a pinch of soda and salt has been added. Start cooking beans in enough cold water to cover, seasoning to taste. Other items may be added to beans if desired.

### Baked Beans

One pound small white navy beans. Wash in warm water. Put on stove in cold water and let boil 3 to 5 minutes. Drain and add:

3 tablespoons brown sugar  $\frac{1}{4}$  teaspoon strong dry mustard  
 $\frac{1}{2}$  teaspoon pepper  $\frac{3}{4}$  lb. salt pork.  
 $\frac{1}{2}$  teaspoon ginger

Cover with water. Bake 5 or 6 hours in slow oven.

### Rice (For 1 quart cooked)

$\frac{1}{2}$  cup rice washed thoroughly. Add 1 quart boiling water salted with a scant teaspoon of salt. Cook 40 minutes, longer at higher altitudes, until a kernel pressed between the fingers leaves no hard center. To remove excess starch, drain off extra water and pour boiling water over rice. Never put rice in cold water to start cooking--causes it to jell and stick.

### Cook Macaroni the same as Rice

### Macaroni and Cheese (serving for 2 or 3)

$\frac{1}{2}$  pkg. macaroni  $\frac{1}{2}$  cup milk (dulute canned  $\frac{1}{2}$ )  
2 tbs. butter  $\frac{1}{2}$  cup finely-cut cheese  
1 tb. flour  
 $\frac{1}{4}$  teaspoon salt  
dash pepper

Cook macaroni in 3 cups boiling water with 1 teas. salt until tender. Drain.

Cheese Sauce: Melt butter, add flour and seasonings and blend thoroughly. Pour in milk and stir until thick and smooth; cook a few minutes longer and add cheese and stir until it is melted. Put macaroni and cheese sauce in layers in baking dish, ending with sauce on top. Bake in medium oven until brown.

### Boiled Meat

Place meat in kettle and cover with cold water. Bring to boil. Keep meat well covered and boil slowly until tender. In some cases may be necessary to skim collection of boiled out material that floats on top.

### Roast Meat

Melt small amount of suet or lard in a pan placed on top of stove. Brown both surfaces of roast, then cover and place in moderate oven. Season with salt, pepper, garlic, onions, etc. to taste. Turn frequently in oven, pouring a little water directly on roast when necessary. This helps keep the roast from becoming too dry.

### Brown Gravy

1 tablespoon butter or fat in which meat was cooked	1 cup boiling water
1 tablespoon flour	salt, pepper

Brown fat in pan, add flour and brown, add liquid and stir until smooth and reasonably thick, season to taste, simmer for 5 minutes.

### Boiled Potatoes

Scrub potatoes. Drop them into a kettle of salted, boiling water-- enough to cover the potatoes. Cook until tender. Drain at once so they won't become waterlogged. Serve in jackets or peel and season with salt. May be peeled before being placed in boiling water.

### Mashed Potatoes

Boil potatoes until well done. If they have been boiled in their jackets, peel those off. Then mash the potatoes thoroughly and quickly. Beat in hot milk and butter a little at a time until potatoes are fluffy and smooth.

### Potato Patties

Take the left-over mashed potatoes and pat them into little flat cakes of the size desired. Then fry them in either bacon grease or butter until the outside of the patties is brown.

### Mulligan

1 can roast beef (cut up relatively fine), or joint of beef or mutton.  
1 can each of peas, corn, tomatoes, string beans (quantity may be cut or added to)  
2 potatoes, sliced  
2 small onions  
1 teaspoon salt, pepper, and catsup  
Small lump of butter

Mix all together and cook thoroughly. If fresh meat is used it should be cooked before other ingredients are added.

## DESSERTS

Desserts add the finishing touch to the dinner or supper meals. Many prepared desserts such as puddings and jellos with full instructions printed on the package are available and rather inexpensive.

### Dried Fruits

1 cup dried fruit      1/8 teas. salt  
3 cups boiling water      2 tablespoons sugar

Wash fruit thoroughly, pour on boiling water, cover tightly and soak for 1 hour or more. Add salt and simmer for about 30 minutes. Add sugar to taste.

### Stewed Prunes

Wash and pick over the prunes; put them to soak over night in the water (cold) they are to be cooked in, using only enough water to cover. Put the prunes on the fire where they can just simmer until tender. Add sugar, if desired, and reheat. Keep partly covered. Do not use an iron utensil. During hot weather fruit is likely to sour when put to soak over night and also spoils quickly after cooked, so make up only enough for a couple of days' servings.

### Raisins and Rice

1/2 cup rice    2 cups water    1/2 teaspoon salt    1/3 cup raisins

Bring water to boiling point and add salt. Wash rice several times in cold water. Stir rice into boiling water and cook until a kernel pressed between the fingers leaves no hard center, about 40 minutes. Add raisins after cooking 20 minutes.

### Rice Pudding

1/2 cup rice  
1/2 teaspoon salt

Cover well with water and cook slowly on back of stove until done.

Add: 1 cup milk  
1 cup water  
2 tablespoons dry eggs or 2 eggs  
1 teaspoon vanilla

Mix all together and bake until firm when pan is shaken. Raisins may be added and improve the flavor.

### Tapioca Pudding

Cook 1/4 cup tapioca and 1/2 teaspoon salt 15 minutes in a pint of boiling water, stirring constantly; then add 1/2 cup sugar and 1 beaten egg and cook until it thickens like custard, stirring steadily. Variations of Tapioca Pudding: Cooked dried fruit, canned fruit, or jam may be added.

### Cornstarch Pudding

Mix 1 tablespoon cornstarch with a little milk. Add flavoring desired and pinch of salt,  $\frac{1}{2}$  tablespoon butter. Bring 1 pt. milk (if canned, dilute  $\frac{1}{2}$  with water) barely to boiling point (part has been mixed with cornstarch), add the cornstarch, 1 well-beaten egg, 2 tablespoons sugar, boil two or three minutes, stirring briskly.

### Chocolate Pudding

Mix 1 tablespoon cocoa with a little of the milk and add to above recipe.

### Jello and Prepared Puddings

Specific instructions on packages.

## BEVERAGES

### Coffee

3 cups water      6 tablespoons coffee      Pinch of salt

Place coffee in pot. Add boiling water. Bring to a full boil, let simmer. Add salt if desired and 1 to 2 tablespoons cold water to help settle coffee. Or, if no hot water is available to start, place coffee in cold water and bring to a quick boil. Settle as above.

### Tea

Put a pinch of tea, more or less, according to taste, into boiling water and set to one side to steep for 5 to 10 minutes, until it is of the desired strength. Do not boil.

### Hot Cocoa

1 heaping teaspoon cocoa  
2 teaspoons sugar  
dash of salt  
 $\frac{1}{4}$  cup water  
 $\frac{3}{4}$  cup milk

Mix cocoa, sugar, and salt in a saucepan. Stir in water. Place over low hear. Boil 2 minutes, stirring constantly. Add milk, heat to boiling, stirring occasionally, but do not boil.

### Lemonade

Allow juice of one lemon and tablespoon of sugar for each person. Mix with cold water to taste.